



Adult Activities

Making Sense of the College Savings Programs

(Ages: 16 yrs to Adult)

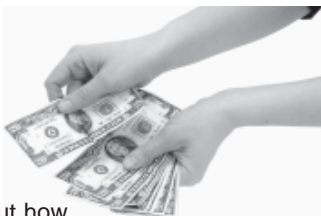
It's never too soon to start a college savings plan. Val Folden, CFP will compare various Prepaid College Savings Plan options offered by the State of Virginia, Educational IRA's, as well as other investment alternative to providing means to pay for the college education of your children or grandchildren. The sooner you start saving, the better!

4622.313 Wed, Apr 25 7:00pm-8:00pm
1 Session at Dorothy Hart Community Center
\$5 City and Non-City Resident
Instructor: Val Folden, CFP
Registration has already begun.

Asset Preservation

(Ages: 16 yrs to Adult)

Learn how to protect your assets during an extended illness, as well as myths of medicaid and medicare. Take this workshop and you can find out how you can maintain your independence later in life.



4622.401 Tue, Jun 12 7:00pm-8:00pm
4622.402 Thur, Aug 9 7:00pm-8:00pm
1 Session each
\$5 City and Non-City Resident
Dorothy Hart Community Center
Instructor: Val Folden
Registration begins: 4/17 City 4/24 Non-City

Classes fill on a first-come,
first-served basis. Spaces are limited...
don't wait to register.

Bridge - Novice

(Ages: 12 yrs to Adult)

This class is for those of you who have never played Bridge or do not have very much experience. It will be a great time to learn new ways of playing bridge. The class will cover mechanics of the card play, how to count/ evaluate your hand, how to "open" bidding, how to respond to your partner's bid, over calls and play of the hand, doubles, No trump opening & responses, opening preempts, and strong hands. All lessons will be followed by bidding and/or playing experience. There is a \$5 fee added to cost for a spiral instruction booklet.



4611.351 Tue, May 1 - Jun 26 10:00am-11:30am
9 Week Session
\$35 City, \$40 Non-City Resident
Dorothy Hart Community Center
Instructor: Judith Haney
Registration begins: 4/17 City 4/24 Non-City

Intermediate Bridge Lessons

(Ages: 12 yrs to Adult)

This class is for those who know how to play bridge, but might need to learn some more things or just want to play. The class will cover, but is not restricted to Negative Doubles, Finesses, Third and Fourth seat openings, Two-suit overcalls, Balancing, Signaling your Partner—Defensive carding, Cue Bids, Interference over NT, and Reverse. This class will include an hour of instruction with at least an hour of practice (playing the game). There will be a supply fee of \$5 for a spiral book that will include basics and topics that are discussed in class. There is no class July 4 or August 8.

4611.415 Wed, Jun 6 - Aug 15 6:00pm-8:30pm
9 Week Session (no class 7/4, 8/8)
\$35 City, \$40 Non-City Resident
Dorothy Hart Community Center
Instructor: Judith Haney
Registration begins: 4/17 City 4/24 Non-City

Special Interest

Alkalize or Die

(Ages: 18 yrs to Adult)

This class teaches how illness and disease are directly linked to over acidity in the body system. The tools and information provided in this class will help each person evaluate their alkaline/acid situation and determine a course of correction with herbs and nutritional supplements to achieve a ph balance for better health. Joanna Cassidy-Farrell is a certified herbalist and horticulturist.

4682.308 **Thur, May 10 6:30pm-8:00pm**
1 Session each at the Dorothy Hart Community Center
\$30 City, \$35 Non-City Resident
Instructor: JoAnna Cassidy-Farrell
Registration has already begun.



Herbs for Women's Health

(Ages: 18 yrs to Adult)

In this lesson, you will learn the vast array of herbs and natural therapies available for the prevention and care of women's health problems. The instructor JoAnna Cassidy-Farrell speaks on the subject of the reproductive system with concern for all the imbalance, pain, and disease that rests in our female organs today from the pre-menstrual to menopause.

4682.224 **Thur, May 17 6:30pm-8:00pm**
1 Session each at the Dorothy Hart Community Center
\$35 City, \$40 Non-City Resident
Instructor: JoAnne Cassidy-Farrell
Registration has already begun.

Hassle Free Holidays

(Ages: 16 yrs to Adult)

Hassle free holidays! Time, space and task management ideas to help make your holidays (or other events) pleasant and less stressful. Includes "event mapping" technique.

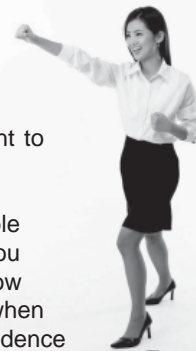
2425.102
Sat, Sep 22 9:00am-12:30pm
1 Session
\$28 City, \$33 Non-City Resident
Dorothy Hart Community Center
Instructor: Sue Marie Bowling
Registration begins: 4/17 City 4/24 Non-City



RAD for Adults I

(Ages: 12 yrs to Adult)

In a bad situation, would you know what to do? This important "hands-on" program, brought to us by the Fredericksburg Police Department, will give you some safety tips and teach you valuable defense tactics to use should you ever be attacked. You'll learn how and where to kick and hit, and when and what to yell. Gain self-confidence and feel safer knowing that you know how to protect yourself should danger arise.



2511.311 **Tue, Apr 17 - May 8 6:15pm-9:15pm**
4 Week Session
\$12 City and Non-City Resident
Dorothy Hart Community Center
Instructor: Sheila Jones, Fredericksburg Police
Registration has already begun.

RAD for Kids

is designed for young people to know what to do in the case of danger. See the class listing on page 14.

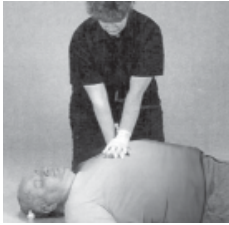
Stop Smoking

(Ages: 16 yrs to Adult)

This time you're going to quit smoking for good! Nancie Harris, a registered hypnotist for behavior modification, will help you quit without withdrawal symptoms, chemicals or medication, using relaxation and behavior modification techniques. Nancie will teach you the new behavior skills to get rid of your addiction. Hypnosis, although NOT a magic potion, is one way to help you keep an even keel, put yourself first, and quit smoking for good. Why not give it a try? Class size is limited.

2460.304 **Fri, Apr 27 7:00pm-9:00pm**
2460.401 **Mon, Jun 4 7:00pm-9:00pm**
2460.402 **Fri, Jul 13 7:00pm-9:00pm**
2460.403 **Mon, Aug 13 7:00pm-9:00pm**
1 Session each
\$40 City, \$45 Non-City Resident
Nancie Harris' Mind & Body Studio
Instructor: Nancie Harris
Registration begins: 4/17 City 4/24 Non-City

Special Interest



Heart Saver CPR Certification

(Ages: 14 yrs to Adult)

This course will cover CPR for adults, children, and infants and will result in certification upon completion of the written test. *Optional books may be purchases for \$10.

2110.303	Sat, May 19	9:30am-1:00pm
2110.415	Sat, Jun 9	9:30am-1:00pm
2110.409	Sat, Aug 4	9:30am-1:00pm
2110.106	Sat, Sep 15	9:30am-1:00pm

1 Session each at the Dorothy Hart Community Center
\$35 City and Non-City Resident, \$10 materials fee
Instructor: Tim Carpenter
Registration begins: 4/17 City 4/24 Non-City

Heart Saver CPR and First Aid Certification

(Ages: 16 yrs to Adult)

This course will cover CPR & First Aid for adult, children and infants. Take one day and be prepared to take care of your family and friends in an emergency. Upon completion of the written test you will receive certification for this class. *Optional books may be purchased for \$10.

2110.205	Wed, Apr 18	9:30am-3:30pm
2110.308	Thur, May 3	9:30am-3:30pm
2110.305	Fri, May 11	9:30am-3:30pm
2110.325	Wed, Jun 13	9:30am-3:30pm
2110.408	Wed, Jul 11	9:30am-3:30pm
2110.410	Wed, Aug 8	9:30am-3:30pm

1 Session each at the Dorothy Hart Community Center
\$40 City and Non-City Resident, \$10 materials fee
Instructor: Tim Carpenter
Registration begins: 4/17 City 4/24 Non-City



Pet First Aid Training

(Ages: 10 yrs to Adult)

Our Pet First Aid course teaches emergency care procedures for cats and dogs and provides tips for keeping your pet happy and

healthy too. Among the things you will learn are; How to approach a sick or injured animal; administering medications; recognizing an emergency; performing CPR and first aid; treating common problems and emergencies and more

4814.304	Sat, May 5	9:00am-1:00pm
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1 Session at the Dorothy Hart Community Center
\$40 City, \$45 Non-City Resident
Instructor: American Red Cross
Registration has already begun.

American Red Cross Lifeguard Training

(Ages: 15 yrs to adult)

Learn the lifeguarding skills to help keep people safe in, on and around the water. You must be 15 and able to swim 300 yds. using front crawl and breaststroke, swim out and surface dive to retrieve a 10# brick and return to starting point. Includes ARC First Aid & CPR. Students must attend ALL classes, complete course work and pass final skills test & written exam in lifeguarding, CPR and AED, and First Aid to obtain certification. MUST Preregister. Class space is VERY limited.

7000.443	Tue- Thu Jun 19 - 28	5:00pm - 9:00pm
	plus Sat - Jun 23	9:00am - 5:00pm

(must attend all classes & pass exams for certification)
\$220 City or Non-City Resident
Dixon Pool & Red Cross Building at 11047 Pierson Dr. .
Instructor: American Red Cross Lifeguard Trainers
Registration begins: 4/17 City 4/24 Non-City

Dolphins at Heart - Swim Lessons for Adults

(Ages: 15 yrs to Adult)

"Dolphins at Heart" are our evening lessons for anyone 15 years and over. Whether you're just starting out, or have some experience and want to improve your strokes, this is your chance to jump in! Participants will be divided by age and skill levels, so everyone can feel comfortable and get the kind of instruction they need. Everyone must be at least 15 by July 1, 2007. YIt's never too late to learn. MUST Pre-register. Class space is VERY limited. Classes meet Monday- Friday the first week (no class Wednesday, July 4), and Monday - Thursday the second week. Friday of the second week is only used as a make up day.

7000.421	Mon-Fri, Jul 2 - Jul 13	7:00pm-7:45pm
7000.422	Mon- Fri, Jul 16 - Jul 27	7:00pm-7:45pm

8 Day Session (no class 7/4)

\$34 City, \$46 Non-City Resident per session. Must pre-register, spaces are VERY limited.

Dixon Pool

Instructor: American Red Cross Water Safety Instructors
Registration begins: 4/17 City 4/24 Non-City

Adult Lap Swim listed on page 40.

Swim Lessons for Children are listed on page 41.



Special Interest



Basket Classes with Debby Wells

Shaker Spoon Basket

(Ages: 13 yrs to Adult)

This plaited basket is oval shaped with some of the same traits as the cat's head basket, the corners stand up on points. The sides are start/stop and the rim is lashed on. Color with dye. An \$11 supply fee is included in the price.

4043.303 Sat, May 5 9:00am-1:15pm

1 Week Session

\$32 City, \$37 Non-City

Dorothy Hart Community Center

Instructor: Debby Wells

Registration has already begun.

Shelley's Wedding Basket

(Ages: 13 yrs to Adult)

This square basket was designed to carry wedding favors. Sides are start/stop and the rim is lashed on around an embellished oak handle insert. Complete with dye. A \$15 supply fee is included in the price.

4043.410 Sat, Jun 2 9:00am-1:15pm

1 Week Session

\$36 City, \$41 Non-City Resident

Dorothy Hart Community Center

Instructor: Debby Wells

Registration has already begun.

Ooops! We are human...

Our editors have worked hard to ensure accuracy within our publication. We apologize if something has slipped past our editors. Please call us with any questions.

Basket Making- Ribbed Italian Orange Basket

(Ages: 13 yrs to Adult)

Try again to practice your ribbed basket weaving skills. You will create the rim and the base with twisted round reed, and attach them together with two God's eyes. Set ribs to form the frame of the basket. Finish with a continuous under/over weave. Color with dye. Supply fee of \$11.00 is included in the price.

4043.413 Sat, Aug 4 9:00am-1:15pm

1 Week Session

\$32 City, \$37 Non-City Resident

Dorothy Hart Community Center

Instructor: Debby Wells

Registration begins: 4/17 City 4/24 Non-City



Large Market Basket

(Ages: 16 yrs to Adult)

This plaited basket will be your favorite picnic basket. The bottom is rectangular, and the sides are start/stop. Lash on a rim around a tall and wide oak handle. Color with dye to finish. \$15 charge for remainder of supplies which instructor will provide.

4043.412 Sat, Jul 7 9:00am-1:15pm

1 Week Session

\$36 City, \$41 Non-City Resident

Dorothy Hart Community Center

Instructor: Debby Wells

Registration begins: 4/17 City 4/24 Non-City

Double Bottomed Wine Basket

(Ages: 16 yrs to Adult)

Try a handle embellishment first. Plait a rectangular base and upstake the sides to weave start/stop rows. Lash on a rim and color with basketry dye to finish. A \$15 supply fee is included in the price.

4043.110 Sat, Sep 8 9:00am-1:15pm

1 Week Session

\$36 City, \$41 Non-City Resident

Dorothy Hart Community Center

Instructor: Debby Wells

Registration begins: 4/17 City 4/24 Non-City



Debbie's own basket creations are pictured on this page. Learn to make baskets like the ones you see here and more. Sign up today!

Special Interest



Mosaic Tile Workshop

(Ages: 12 yrs to Adult)

Learn the basics of mosaic tile in this one night class. We'll cover gluing, grouting, and tile cutting techniques. All participants will make a sampler suitable for hanging or use as a trivet. This class

is perfect for mother and daughter, father and son or girls night out. All supplies included.

4673.402 Tue, Jun 12 7:00pm-9:00pm

1 Session

\$39 City, \$44 Non-City Resident

Dorothy Hart Community Center

Instructor: Joni Ulman-Lewis

Registration begins: 4/17 City 4/24 Non-City

Working with Acrylics

(Ages: 18 yrs to Adult)

A nice mid-week break for budding artists. You will learn about mixing paints, drawing, preparing paint surfaces and basic techniques. Whether you are just beginning or have some experience with acrylics, Ed will work with you to inspire your creativity. No experience necessary, just come ready to paint. Pick up a supply list when you register. No class 5/1.



4035.301 Tue, April 10-May 22 10:00am-12:00pm

6 Week Session

\$40 City, \$54 Non-City Resident

Instructor: Ed King

Dorothy Hart Community Center

Registration has already begun



Artist's Workshop

(Ages: 16 yrs to Adult)

This class is for the experienced artist who is looking for new techniques in drawing or water media (watercolors or acrylics) or the opportunity to perfect old ones. Each class will end with a critique. Demonstrations will be based on the students needs. Artists are expected to provide their own materials.

Come ready to work on the first class.

4033.305 Thur, May 3 - May 24 6:30pm-8:30pm

4 Week Sessions each

\$45 City, \$50 Non-City Resident

Instructor: Karen Ann Richards

Dorothy Hart Community Center

Registration has already begun.

Drawing I

(Ages: 16 yrs to Adult)

Always wanted to draw, but never took the time? Come to Nancie's class and learn a new talent or continue the one you have. You will be exploring techniques in pencil that will help improve your drawings. Supply List: - one 18" x 24" newsprint drawing pad, two #2 Pencils, two #3 Pencils

(Regular school grade pencil),

and one hand held pencil sharpener. Classes will be held at the "Mind & Body Studio".



4012.402 Thur, Jul 12 - Aug 2 10:00am-12:00pm

4012.312 Thur, May 3 - May 24 10:00am-12:00pm

4012.415 Thur, Jul 12 - Aug 2 7:00pm-9:00pm

4012.316 Thur, May 3 - May 24 7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio at 526-2 Wolfe St.

Instructor: Nancie Harris

Registration begins: 4/17 City 4/24 Non-City

Drawing II

(Ages: 16 yrs to Adult)

For those of you who have completed Drawing I or have drawing experience. We'll improve your techniques and learn more secrets to making a drawing come to life. We will also incorporate ink into our drawings. Come ready to draw! Supply list: one 18" x 24" newsprint drawing pad, two #2 pencils, two #3 pencils, one hand held pencil sharpener, and one ink pen. Classes will be held at "Mind & Body Studio."

Daytime

4012.400 Thur, Jun 7 - Jun 28 10:00am-12:00pm

4012.418 Thur, Aug 9 - Aug 30 10:00am-12:00pm

Evening

4012.416 Thur, Jun 7 - Jun 28 7:00pm-9:00pm

4012.417 Thur, Aug 9 - Aug 30 7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio at 526-2 Wolfe St.

Instructor: Nancie Harris

Registration begins: 4/17 City 4/24 Non-City

Special Interest

Watercolor I

(Ages: 16 yrs to Adult)

Get to know the artist within you. Learn the basics of this beautiful medium with artist Nancie Harris. Find your particular style and feel your creative energy flow as you learn how to begin painting your own watercolors. Each student will work on 4 pieces throughout the course. The theme of the class will be a flower theme. Supply List: Basic Watercolor Set, Medium Brush (1"), Large Brush (2"), Detail Brush, Palette, 140 weight watercolor paper. *If you bring a watercolor tablet it must be larger than a 9" x 12" tablet. No experience necessary. Classes will be held at "Mind & Body Studio."

4031.306	Tue, May 1 - May 22	10:00am-12:00pm
4031.410	Tue, Jul 10 - Jul 31	10:00am-12:00pm
4031.319	Tue, May 1 - May 22	7:00pm-9:00pm
4031.415	Tue, Jul 10 - Jul 31	7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio at 526-2 Wolfe St.

Instructor: Nancie Harris

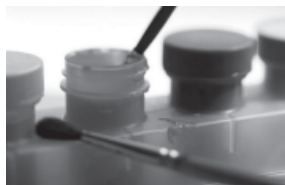
Registration begins: 4/17 City 4/24 Non-City

Watercolor II

(Ages: 16 yrs to Adult)

For those of you who have taken Nancie's Watercolor I class or have some watercolor experience. We will expand your watercolor

techniques and explore new ways to handle the medium. There will be three new techniques wet on wet, collage work, another card. Come ready to paint! Supply List: Basic Watercolor Set, Medium Brush (1"), Large Brush (2"), Detail Brush, Palette, 140 weight watercolor paper. *If you bring a watercolor tablet it must be larger than a 9" x 12" tablet. Classes will be held at "Mind & Body Studio".



4033.315	Tue, Jun 5 - Jun 26	7:00pm-9:00pm
4033.416	Tue, Aug 7 - Aug 28	7:00pm-9:00pm
4033.418	Tue, Jun 5 - Jun 26	10:00am-12:00pm
4033.417	Tue, Aug 7 - Aug 28	10:00am-12:00pm

4 Week Sessions each

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio at 526-2 Wolfe St.

Instructor: Nancie Harris

Registration begins: 4/17 City 4/24 Non-City

Acrylics I

(Ages: 16 yrs to Adult)

This easy, portable art will offer even beginning artists a chance to express themselves with paint.

We'll look at basic acrylic techniques, try an acrylic collage, a wash, and even a still life. Make this the year you try something new and creative. Supply List: Starter set, small, medium, large brush, basic colors, 24" x 22" canvas to start with and palette. No experience necessary. Classes will be held at "Mind & Body Studio".



Daytime

4035.306	Wed, May 2 - May 23	10:00am-12:00pm
4035.411	Wed, Jun 6 - Jun 27	10:00am-12:00pm
4035.412	Wed, Aug 8 - Aug 29	10:00am-12:00pm

Evening

4035.309	Wed, May 2 - May 23	7:00pm-9:00pm
4035.410	Wed, Jun 6 - Jun 27	7:00pm-9:00pm
4035.414	Wed, Aug 8 - Aug 29	7:00pm-9:00pm

4 Week Sessions each

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio at 526-2 Wolfe St.

Instructor: Nancie Harris

Registration begins: 4/17 City 4/24 Non-City

Acrylics II

(Ages: 16 yrs to Adult)

For those of you who have some experience working with acrylic paints or have taken Nancie's first session. This class will help you continue to explore your creativity and ability to work in this wonderfully portable and easy art form. Each student will continue to work at his/her pace to complete different projects. Supply List: starter set, small, medium, large brush, basic colors, 24" x 22" canvas to start with, and a palette. Classes will be held at "Mind & Body Studio".

4035.416	Wed, Jul 11 - Aug 1	10:00am-12:00pm
4035.415	Wed, Jul 11 - Aug 1	7:00pm-9:00pm

4 Week Session

\$41 City, \$46 Non-City Resident

Nancie Harris' Mind & Body Studio 526-2 Wolfe St.

Instructor: Nancie Harris

Registration begins: 4/17 City 4/24 Non-City



Special Interest

Stamping for Adults

(Ages: 16 yrs to Adult)

Each class will have a "make and take" project using different stamping techniques. Demonstrations and workshops will have a mix of all-occasion greeting cards, birthday cards, thank-you notes, gift tags, bookmarks, etc. A \$5 supply fee is included in the price.

4044.202 Sat, Apr 14 10:00am-12:00pm
1 Session at the Dorothy Hart Community Center
\$15 City and Non-City Residents
Instructor: Peggy Seskey
Registration has already begun.



Stamping for Family

(Ages: 8 yrs to Adult)

Each class will have a "make and take" project using different stamping techniques. Demonstrations and workshops will have a mix of all-occasion greeting cards, birthday cards, thank-you notes, gift tags, bookmarks, etc. A \$5 supply fee is included in the price.

4044.203 Sat., Apr 21 10:00am-12:00pm
1 Session at the Dorothy Hart Community Center
\$15 City and Non-City Resident
Instructor: Peggy Seskey
Registration has already begun.

Learn to Knit

(Ages: 12 yrs to Adult)

All supplies included! Just bring yourself and learn how to knit. Learn the basic stitches and leave our class well on your way to a brand new scarf for yourself or someone special. Advanced beginners are always welcome.



5063.208 Tue, Apr 17 5:00pm-6:30pm
5063.412 Tue, Jun 5 5:00pm-6:30pm
4021.402 Tue, Aug 7 5:00pm-6:30pm
1 Session each at the Dorothy Hart Community Center
\$18 City, \$24 Non-City Resident
Instructor: Susanne Howlett
Registration has already begun

Faux Finish Class

(Ages: 18 yrs to Adult)

Faux Finish is an art form to create the illusion of a real texture or dimension to a surface, such as wood, using paint and/or tools. Through this practice, one can create a number of "fake" appearances on a surface to add to the decor of one's home. Your houseguests will be amazed at the creativity of your "new" home.



4020.306 Mon, May 14 6:00pm-9:00pm
1 Session at the Dorothy Hart Community Center
\$35 City, \$40 Non-City Resident
Instructor: Nancy Hudson
Registration has already begun.

Metal Embossing

(Ages: 18 yrs to Adult)

Do you want to learn a new type of art that your friends will be jealous of? Come out and learn metal embossing. It is a great medium to create a great piece of art or transfer pictures for framing. Using metallic medium, one can add a greater depth to their art pieces.

4020.308 Mon, May 21 6:00pm-9:00pm
1 Session at the Dorothy Hart Community Center
\$40 City, \$45 Non-City Resident
Instructor: Nancy Hudson
Registration has already begun.

Learn to Crochet

(Ages: 12 yrs to Adult)

For anyone who has taken Susanne's Learn to Crochet class or if you have ever made a chain with a crochet hook. We will be exploring granny squares and patterns worked in rounds. Supply list - Please bring one (size H) hook and 2 - 3 small skeins/balls of yarn in complimentary colors.

5063.303 Tue, May 15 5:00pm-6:30pm
5063.410 Tue, Jul 10 5:00pm-6:30pm
5063.411 Tue, Sep 18 5:00pm-6:30pm
1 Week Session each at the Dorothy Hart Community Center
\$12 City, \$16 Non-City Resident
Instructor: Susanne Howlett
Registration has already begun

Special Interest

LB's Cooking Classes

(Ages: 16 yrs to Adult)

LB's cooking classes featuring foods from around the world. Each month we'll explore amazing dishes, concentrating on either a specific location and/or category. Expand your culinary talents regardless of your cooking level at this hands-on recreational cooking class. Taste all of the food that is prepared in class, receive a copy of the recipes, and make new friends. Each activity is a different class. You can take them in a row or mix and match them up. If you register for 4 classes, you can save \$10.00.

Vegetarian Cuisine

This month is "Vegetarian Cuisine". Eating healthy has become a priority. Learn just how easy and delicious this can be. Look forward to spicy black bean cakes, spring soups, salads and much, much more!

4010.213	Wed, Apr 4	6:00pm-8:00pm
4010.214	Wed, Apr 11	6:00pm-8:00pm
4010.215	Wed, Apr 18	6:00pm-8:00pm
4010.216	Wed, Apr 25	6:00pm-8:00pm

Mexican Cuisine

This month is "Mexican Cuisine"- experience true Mexican foods. Popular recipes from different regions. We'll create a variety of salsas, sauces, seafood dishes, and desserts just to name a few.

4010.300	Wed, May 9	6:00pm-8:00pm
4010.303	Wed, May 16	6:00pm-8:00pm
4010.304	Wed, May 23	6:00pm-8:00pm
4010.305	Wed, May 30	6:00pm-8:00pm

Thai Food

This month is "Thai Food" we will learn to cook Pad Thai, Satay along with other Thai noodle, soup, and salad dishes.

4010.405	Wed, Jun 6	6:00pm-8:00pm
4010.406	Wed, Jun 13	6:00pm-8:00pm
4010.407	Wed, Jun 20	6:00pm-8:00pm
4010.408	Wed, Jun 27	6:00pm-8:00pm



Sign up with a friend... or meet new friends in class. One thing is for sure...Laurie's cooking tips will impress your friends and family!

Creole & Cajun Foods

The best America has to offer- Creole & Cajun foods! Please join us for such Louisiana classics as Gumbo, Jambalaya, Shrimp creole and plenty more. Prepare for a "Spicy Class".

4010.409	Wed, Jul 11	6:00pm-8:00pm
4010.410	Wed, Jul 18	6:00pm-8:00pm
4010.411	Wed, Jul 25	6:00pm-8:00pm

Napa Valley Cuisine

America's best continues in the month of August with signature dishes from the Napa Valley Region. We'll prepare a few recipes from the Napa Chef himself, Michael Chiarello, and a few of my own such as Napa Summer Panzanella, ad a Grilled Salmon Salad.

4010.412	Wed, Aug 1	6:00pm-8:00pm
4010.413	Wed, Aug 8	6:00pm-8:00pm
4010.414	Wed, Aug 15	6:00pm-8:00pm
4010.415	Wed, Aug 22	6:00pm-8:00pm
4010.416	Wed, Aug 29	6:00pm-8:00pm



1 Session each. Sign up for one or as many as you like.

\$30 City, \$35 Non-City Resident per class.

Register for four (4) classes and save \$10!

Food is included in the price of the class.

Classes held at the Dorothy Hart Community Center

Instructor: Laurie Gills

Registration has already begun for April & May classes

Registration for all others begins: 4/17 City 4/24 Non-City

Special Interest



Basic Dog Manners

(Ages: 16 yrs to Adult)

In this class, using positive reinforcement methods based on current learning theory and behavior modification techniques, we will teach YOU to teach the dog to respond to your commands of: Come, Sit (and Stay), Down (and Stay), and heel. Dogs of all ages and sizes are welcome, but the dog must be

at least 14 weeks old and have had at least 2 or 4 puppy vaccinations. Participants in all classes must show current veterinary vaccination at first night's orientation. Positive reinforcement methods only; we will learn to use a clicker. Students learn to use their clicker to show dogs the desired behavior and give the immediate rewards. A clicker, hot dogs, lots of praise and a dog that you love is all you really need for class. Dogs attend ALL five classes. Please request a supply list and class orientation sheet when you register. All classes are held at Dog Krazy with dogs. No class May 2.

4311.321 Wed, Apr 25 - May 30 4:00pm-4:45pm
4311.311 Wed, Apr 25 - May 30 7:30pm-8:15pm
6 Week Session (No class 5/2)
\$80 City, \$90 Non-City Resident
Dog Krazy, 1013 Caroline Street
Instructor: Sarah Ferrell
Registration begins: Registration has already begun.

Classes held at Dog Krazy

Classes that require your dog's attendance are held at Dog Krazy. Located at 1013 Caroline Street in downtown Fredericksburg. Follow William Street to Caroline Street. Turn left onto Caroline Street. **Please do not call Dog Krazy with questions pertaining to these classes**, even cancellation information. Register at the Community Center, not the store. Call 372-1086 ext. 208 or ext. 0 for information.

How to Find The Dog of your Dreams

(Ages: 16 yrs to Adult)

How to find the dog of your dreams: Perfect Puppies. Ready rescuers look before your leap. A dog is for life. If you're very blessed the dog you bring home today will live with you, love you, depend on you for every breath, every command, every happiness for up to sixteen or more years. Bring all your questions about how to choose the right tiny pup or ready for rescue older dog. Learn to interview a breeder. Get ready to surf the web for rescue dogs who need you. We will discuss any breed you have on your mind.

4311.310 Mon, May 10 7:00pm-8:30pm
1 Session at the Dorothy Hart Community Center
\$9 City and Non-City Resident
Instructor: Sarah Ferrell
Registration begins: 4/17 City, 4/24 Non-City



Finishing School for Genteel Canines

(Ages: 16 yrs to Adult)

Graduates of Basic Dog Manners (or any basic obedience class) take your good graces and genteel training skills to the next level. This

class will concentrate on polishing "home manners": good dogs' responses to "no jumping on company", "sit to be petted", "never rush the door", etc. We will take the AKC Canine Good Citizen test at our week 4 graduation. Hone your dog's company manners. Join Miz Sarah as we learn to mind our paws and whiskers! No class May 3 & May 10. All classes will be held at Dog Krazy.

4310.421 Thur, Apr 26 - May 31 4:00pm-5:00pm
4310.422 Thur, Apr 26 - May 31 7:30pm-8:30pm
4 Week Sessions each (no class 5/3, 5/10)
\$75 City, \$85 Non-City Resident
Dog Krazy, 1013 Caroline Street
Instructor: Sarah Ferrell
Registration has already begun.

Canine Good Citizen

(Ages: 16 yr to Adult)

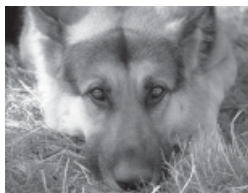
Heard about the new American Kennel Club award for mixed breeds, pure breeds, and ALL well-behaved dogs?

Your dog wants to be a Good Citizen! The Canine Good Citizen training will teach you why and how to become an AKC Canine Good Citizen You and your canine companion will learn techniques for training (loose lead walking, not jumping up, come, sit-stay, down-stay), hints for passing the AKC CGC test, goals to be set for you and your dog and how to get and keep the dog's attention on YOU. We will practice ten obedience tasks of the AKC CGC test in class, and we will take the CGC test in class, and we will take the CDC test as our graduation exercise. ALL interested in nonaggressive dogs welcome- you do not need to have completed the basic dog manners course, but dogs should know the commands; sit, down, come and have mastered loose lead walking. Please request a supply list and class orientation sheet when you register.

4320.301 Tue, May 15 7:00pm-9:00pm
1 Week Session
\$25 City, \$30 Non-City Resident
Dog Krazy, 1013 Caroline Street
Instructor: Sarah Ferrell
Registration begins: 4/17 City, 4/24 Non-City



Special Interest



Ready! Steady! Train! Manners are Fundamental

(Ages: 16 yrs to Adult)
HUMANS ONLY for this seminar/
demonstration class. Join Sarah for
a fun and fact filled evening to teach
you basic dog manner skills; Sit!

Down! No Jump! Come! Easy! No pull! Go to your Place!
Join our dog owner skill building class and learn to lay a
firm foundation for mastering basic obedience commands.
Sarah's big boy, Gabriel, will show you fundamental
manners for all good dogs. This class is offered by request
of dog moms and dads who need to come to school but
can't fit a weekly basic manners class into hectic sched-
ules. Our "Fundamentals" seminar will place your fine dog
on the welltrained paw. After this seminar, you'll be ready to
teach your brilliant canine to sit-stay, lie down, walk on a
loose leash, and come when called. Emphasis will be on
teaching you how to teach your dog to pay attention. Let's
teach your fine dog that your face is the most interesting
sight in his world. Please do not call Dog Crazy. If you have
questions about this class, call Parks and Rec at 372-1086.

4311.306 Tue, May 22 7:00pm-8:30pm

1 Session

\$9 City and Non-City Resident

Dorothy Hart Community Center

Instructor: Sarah Ferrell

Registration begins: 4/17 City, 4/24 Non-City

Got Dog Problems? Sarah Has Answers!

(Ages: 16 yrs to Adult)

Do you wonder why Bongo wee-wees behind dinning room
table? Has Esmeralda chewed up all your shoes and your
underwear? Is Tonto digging to China, by way of your favorite
hydrangea shrub? Does Grandpaw Bob worry your bounc-
ing BoBo will break his hip when he visits? Are you captive
to your house because Sugar goes nuts when you leave
her alone? Does BibBib hate and espise your new boy-
friend? If you have a question, Sarah Ferrell would love to
listen and analyze the reasons for all your doggy owes,
puppy worries and dog misbehavior concerns. Every
question is a good question. Put Poppy on path to perfect
canine behavior management. You need this class!

4311.304 Tue, May 29 7:00pm-8:30pm

1 Week Session

\$9 City and Non-City Resident

Dorothy Hart Community Center

Instructor: Sarah Ferrell

Registration begins: 4/17 City, 4/24 Non-City

Horseback Riding - Beginners Plus

(Ages: 7 yrs to Adult)

Classes are held out at the lovely White Buffalo Horse Farm
in Orange Co. (just off Rt. 20 near Locust Grove). Register
early, class size is limited to 6 riders!

4351.306	Sun, May 6 - May 27	10:00am-11:00am
4351.421	Sun, Jun 3 - Jun 24	10:00am-11:00am
4351.422	Sun, Jul 1 - Jul 22	10:00am-11:00am
4351.423	Sun, Aug 5 - Aug 26	10:00am-11:00am

4 Week Sessions each

\$120 City, \$140 Non-City Resident

White Buffalo Horse Farm

Instructor: Judy Watson

Registration has already begun for May lessons.

Registration for Jun-Aug begins: 4/17 City 4/24 Non-City

Horseback Riding - Adults

(Ages: 13 yrs to Adult)

This exciting program is designed for
anyone who is interested in learning to
ride. You don't need a horse, or
special equipment, just a desire to
learn and a love of horses. This is a
hands on, get in the saddle class that will cover such topics
as Novice Horse Safety, Beginning Ground Training ,
Grooming, Tacking (understanding variety of horse equip-
ment)as well as Beginner Riding Skills. A great start for you
horse lovers who want to try this beautiful sport. Classes
are held out at the lovely White Buffalo Horse Farm in
Orange Co. (just off Rt. 20 near Locust Grove). Register
early, class size is limited to 6 riders! Visit their website at
www.whitebuffalohorses.com.



4351.204	Wed, May 2 - May 23	6:15pm-7:15pm
4351.418	Wed, Jun 6 - Jun 27	6:15pm-7:15pm
4351.419	Wed, Jul 11 - Aug 1	6:15pm-7:15pm
4351.420	Wed, Aug 8 - Aug 29	6:15pm-7:15pm

4351.207	Sun, May 6 - May 27	5:00pm-6:00pm
4351.415	Sun, Jun 3 - Jun 24	5:00pm-6:00pm
4351.416	Sun, Jul 1 - Jul 22	5:00pm-6:00pm
4351.417	Sun, Aug 5 - Aug 26	5:00pm-6:00pm

4 Week Sessions each

\$120 City, \$140 Non-City Resident

White Buffalo Horse Farm

Instructor: Judy Watson

Registration has already begun for May lessons.

Registration for Jun-Aug begins: 4/17 City 4/24 Non-City